



Orzo with Sun-Dried Tomato and Basil

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



154 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup basil minced
- ☐ 1 teaspoon garlic minced
- ☐ 1.5 tablespoons olive oil
- ☐ 0.8 cup orzo pasta uncooked
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 cup pinenuts
- ☐ 0.4 teaspoon salt
- ☐ 0.3 cup sun-dried tomatoes finely chopped

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1 tablespoon balsamic vinegar white

Equipment

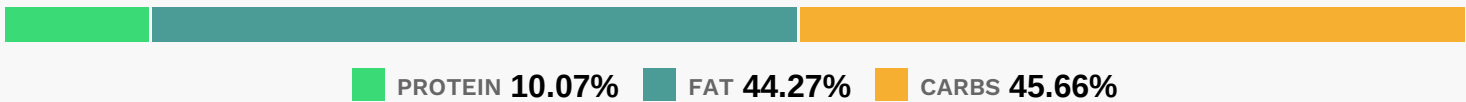
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frying pan

Directions

- ☐
- Cook pasta according to package directions, omitting salt and fat.
- ☐
- Heat a skillet over medium heat.
- ☐
- Add olive oil to pan.
- ☐
- Add sun-dried tomatoes, pine nuts, and minced garlic; cook 2 minutes. Stir in orzo, basil, vinegar, pepper, and salt.

Nutrition Facts



Properties

Glycemic Index:42.33, Glycemic Load:6.54, Inflammation Score:-3, Nutrition Score:6.88999999442308%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 154.15kcal (7.71%), Fat: 7.79g (11.98%), Saturated Fat: 0.83g (5.21%), Carbohydrates: 18.07g (6.02%), Net Carbohydrates: 16.62g (6.04%), Sugar: 2.84g (3.15%), Cholesterol: 0mg (0%), Sodium: 152.37mg (6.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.97%), Manganese: 0.81mg (40.41%), Selenium: 12.23µg (17.47%), Vitamin K: 15.71µg (14.96%), Copper: 0.21mg (10.29%), Magnesium: 34.96mg (8.74%), Phosphorus: 86.75mg (8.68%), Vitamin E: 1.07mg (7.12%), Potassium: 245.77mg (7.02%), Iron: 1.1mg (6.11%), Fiber: 1.46g (5.83%), Vitamin B3: 1mg (5.02%), Zinc: 0.74mg (4.97%), Vitamin B1: 0.06mg (4.23%), Vitamin A: 148.15IU (2.96%), Vitamin B2: 0.05mg (2.87%), Vitamin C: 2.36mg (2.86%), Vitamin B6: 0.06mg (2.85%), Folate: 9.81µg (2.45%), Vitamin B5: 0.2mg (2.04%), Calcium: 15.91mg (1.59%)